

**PASCO COUNTY 2013 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM HIGHLIGHTS**

Since 1986 the Florida Behavioral Risk Factor Surveillance System (BRFSS) has been collecting and reporting health behavior data.<sup>1</sup> The purpose of this survey is to gather information regarding personal health and risk behaviors, selected medical conditions, and preventative health care practices among Florida adults. In 2013 501 adults responded to the county-level BRFSS survey.

Results of the 2013 BRFSS indicate the following strengths that were significantly different compared with the overall state data:

- High percentage of adults with diabetes who had two A1C tests in the past year
- High percentage of adults with any type of health care insurance coverage
- Low percentage of adults who could not see a doctor in the past year due to cost

The following challenges were noted:

- High percentage of adults who have ever been told they had high blood cholesterol
- High percentage of adults who are current smokers
- High percentage of adults who use special equipment because of a health problem.

The Centers for Disease Control and Prevention's (CDC) 2011 Health Report identified seven significant health risk factors: alcohol consumption, cigarette smoking and tobacco use, elevated cholesterol and diet, high blood pressure, illicit drug use, physical activity and inactivity and overweight and obesity.<sup>2</sup> In this Health Risk Factor Profile, we will address: overweight and obesity, exercise and diet, cholesterol and high blood pressure. Behaviors related to tobacco use, drug use and alcohol will be addressed in their respective profile reports.

**WEIGHT, EXERCISE AND DIET**

Being Obese or overweight has been shown to increase the likelihood of chronic diseases including diabetes and heart disease, and contribute to other health problems such as high blood pressure and cholesterol.

According to the CDC<sup>3</sup> a healthy weight is often measured by BMI, or body mass index. For adults, BMI can be interpreted through the ranges below:

- If BMI is less than 18.5, it falls within the underweight range.
- If BMI is 25.0 to 29.9, it falls within the overweight range.
- If BMI is 30.0 or higher, it falls within the obese range

For children and adolescents aged 2-19 years:

- Overweight is defined as BMI at or above the 85th percentile and lower than the 95th percentile for children of the same age and sex
- Obesity is defined as a BMI at or above the 95th percentile for children of the same age and sex.

Regular physical activity not only helps people avoid being overweight, but reduces the risk for other adverse health condition such as coronary heart disease, stroke, high blood pressure, high cholesterol or triglycerides, type 2 diabetes and more.

According to the CDC fruits and vegetables have been found to protect against cancer and other chronic diseases and recommend increasing fruit and vegetable intake<sup>4</sup>.

Figure 1: Weight, Activity and Eating Habits, Adults

Indicator	Year(s)	County Rate	County Quartile 1=most favorable 4=least favorable	State Rate
<b>Weight, Activity, and Eating Habits among Adults</b>				
Adults who are at a healthy weight	2013	29.60%	3rd Quartile	
Adults who are overweight or obese	2013	66.40%	3rd Quartile	
Adults who are overweight	2013	35.70%	3rd Quartile	
Adults who are obese	2013	30.70%	3rd Quartile	
Adults who participated in 150 minutes or more (or vigorous equivalent minutes) of aerobic physical activity per week	2013	52.50%	2nd Quartile	
Adults who participated in muscle strengthening exercises two or more times per week	2013	30.40%	2nd Quartile	
Adults who participated in enough aerobic and muscle strengthening exercises to meet guidelines	2013	20.70%	2nd Quartile	
Adults who are sedentary	2013	24.40%	1st Quartile	
Adults who consume at least 5 servings of fruits and vegetables a day	2013	15.90%	3rd Quartile	

According to Florida CHARTS<sup>5</sup> in 2013, 29.6% of Pasco residents are at a healthy rate and 66.4% are considered overweight or obese. While state rates are not available for these measures, Pasco is compared to other counties in the state through quartiles. Adults in Pasco fall in the 3<sup>rd</sup> quartile for all weight measures. In 2013 35.7% of Pasco adults were overweight and 30.7% are obese.

Pasco fairs slightly better for measures of physical activity. 52.5% of Pasco County adults participate in 150 minutes or more of aerobic physical activity per week, 30.4% participate in muscle strengthening 2 or more times per week and 20.7% participates in enough aerobic and strengthening exercises to meet the recommended guidelines. Each of these physical activity measures place Pasco in the 2<sup>nd</sup> quartile compared to other counties across the state of Florida. Pasco falls in the 3<sup>rd</sup> quartile for the 15.9% of adults who report consuming at least 5 servings of fruits and vegetables a day.

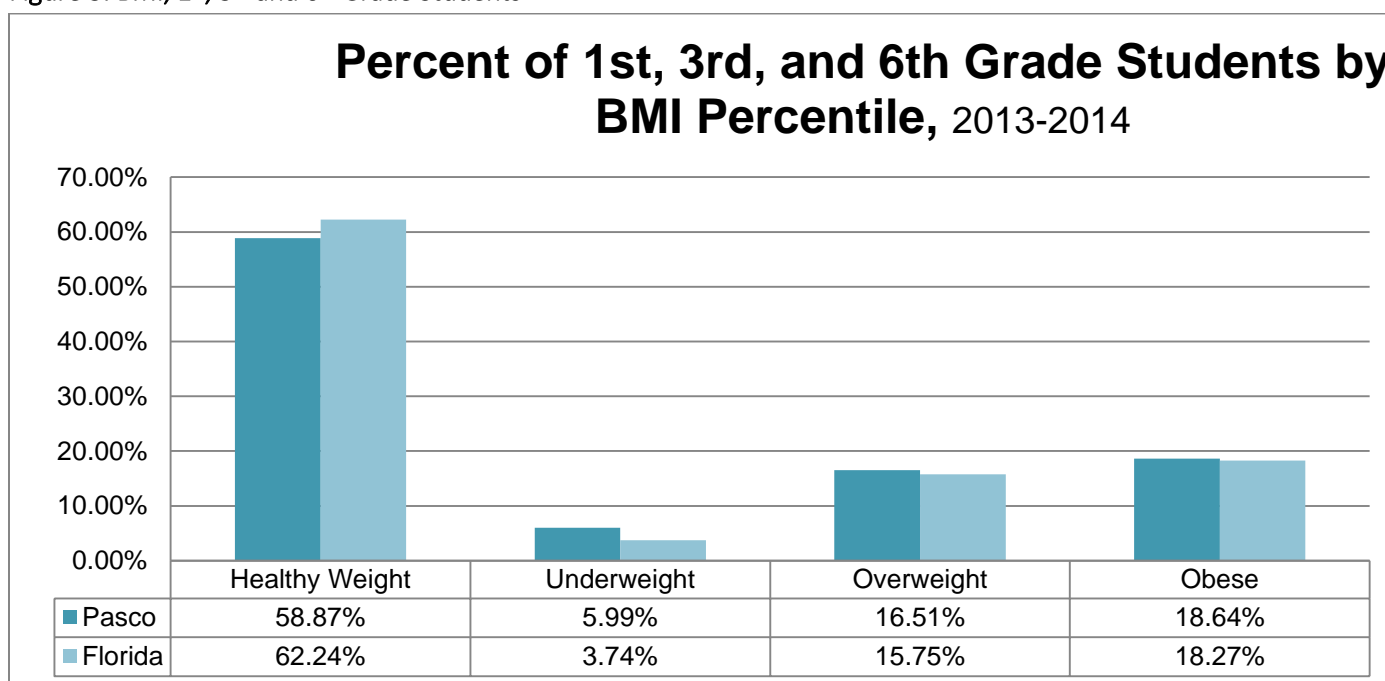
Figure 2: Weight, Activity and Eating Habits, Children and Teens

Indicator	Year(s)	County Rate	County Quartile 1=most favorable 4=least favorable	State Rate
<b>Weight, Activity, and Eating Habits among Children and Teens</b>				
Middle and high school students who are at a healthy weight <sup>5</sup>	2014	67.40%	2nd Quartile	67.60%
Middle and high school students who are underweight <sup>5</sup>	2014	5.40%	4th Quartile	4.20%
Middle and high school students who are overweight or obese <sup>5</sup>	2014	27.20%	1st Quartile	28.20%
Middle and high school students who are overweight <sup>5</sup>	2014	15.30%	2nd Quartile	15.80%
Middle and high school students who are obese <sup>5</sup>	2014	12.00%	2nd Quartile	12.40%
Middle and high school students who were physically active for at least 60 minutes per day on all 7 of the past days <sup>5</sup>	2014	24.30%	3rd Quartile	22.90%

According to Florida CHARTS and the 2014 Florida Youth Tobacco Survey 67.4% of the middle and high school students in Pasco are at a healthy weight, similar to the state rate of 67.6% placing Pasco in the 2<sup>nd</sup> quartile. Pasco exceeds the state rate for the number of middle and high school students who are underweight with 5.4% in Pasco and 4.2% in the state. When combining middle and high school students who are either overweight or obese Pasco falls in the most favorable quartile with 27.2% of those students being one or the other as compared to the state at 28.2%. 15.3% of middle and high school students report being overweight compared to the states rate of 15.8%. Pasco middle and high school students who report being obese is 12% compared to the state rate of 12.4%.

Middle and high school students who were physically active for at least 60 minutes a day on all 7 of the past days in Pasco is 24.3% compared to the state at 22.9% placing Pasco in the 3<sup>rd</sup> quartile when compared to all counties in the state.

Figure 3: BMI, 1<sup>st</sup>, 3<sup>rd</sup> and 6<sup>th</sup> Grade Students



In Florida Body Mass Index screenings are performed in the 1<sup>st</sup>, 3<sup>rd</sup> and 6<sup>th</sup> grade classroom by School Health Services staff. According to the Florida Department of Health<sup>6</sup>, in the 2013-2014 school year 58.87% of 1<sup>st</sup>, 3<sup>rd</sup> and 6<sup>th</sup> grade students in Pasco had a healthy weight BMI, less favorable than the state percentage of 62.24%. Likewise, 5.99% of these students are underweight compared to 3.73% across the state. In Pasco, 16.51% of students in the 1<sup>st</sup>, 3<sup>rd</sup> and 6<sup>th</sup> grade are overweight and 18.64% are obese, compared to the state 15.75% of these students being overweight and 18.27% being obese.

## CHOLESTEROL

According to the CDC<sup>7</sup>, our body needs cholesterol but when you have too much in your blood, it can build up and put us at risk for heart disease and stroke. Heart Disease and stroke are both in the leading causes of death in Pasco County.

Figure 4: Blood Cholesterol Awareness, Adults

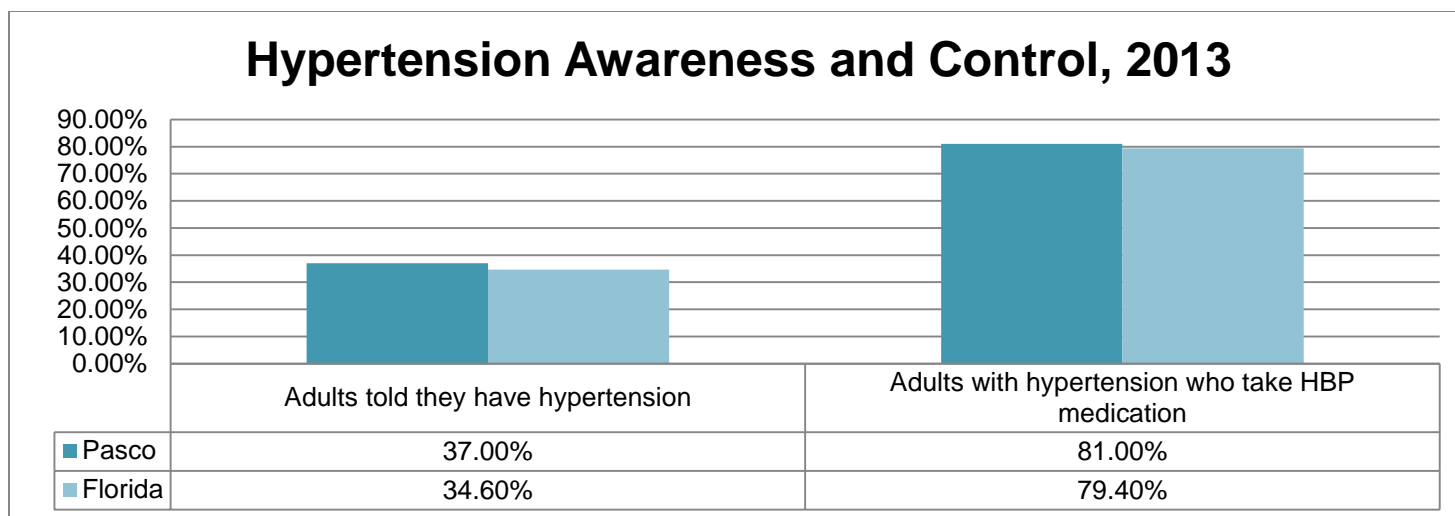


While the results of the 2013 BRFSS survey indicates that a weakness is Pasco is the number of adults who have ever been told they had high blood cholesterol, Pasco also experiences higher testing rates than other counties. In Pasco, 40.2% of adults have been told that they have high blood cholesterol compared to the states 33.4%. In Pasco, adults who had their cholesterol checked in the past two years is 79.0% compared to the states 73.2%

#### HIGH BLOOD PRESSURE

According to the CDC<sup>8</sup> about 1 of 3 U.S. adults have high blood pressure but only just over half of these people have their high blood pressure under control. As with high blood cholesterol, this common condition increases the risk for heart disease and stroke.

Figure 5: Hypertension and Medication, Adults



According to Florida CHARTS in 2013, in Pasco County 37% of the adult population have been told they have hypertension and 81% of those individuals report taking medication for it. In the state of Florida 34.6% of adults have been told they have hypertension and 79.4% of those take high blood pressure medication.

## NOTES

1 Florida Department of Health, Behavioral Risk Factor Surveillance System, 2013 County Level Reports.

<http://www.floridahealth.gov/statistics-and-data/survey-data/behavioral-risk-factor-surveillance-system/reports/2013county/index.html>

2 Centers for Disease Control and Prevention. (2014). Health, United States, 2013.

(<http://www.cdc.gov/nchs/healthrisk.htm>)

3 CDC (2015) Body Mass Index. <http://www.cdc.gov/healthyweight/assessing/bmi/>

4 CDC (2012) Healthy Weight –it’s not a diet, it’s a lifestyle.

[http://www.cdc.gov/healthyweight/healthy\\_eating/fruits\\_vegeFigures.html](http://www.cdc.gov/healthyweight/healthy_eating/fruits_vegeFigures.html)

5 Florida CHARTS. (2013) Pasco County, Healthiest Weight Profile.

<http://www.floridacharts.com/charts/HealthiestWeightProfile.aspx?county=51&profileyear=2013&tn=31>

6 Florida Department of Health, School Health 2013-2014 data summary. <http://www.floridahealth.gov/%5C/programs-and-services/childrens-health/school-health/reports-information.html>

7 CDC (2015) Cholesterol. <http://www.cdc.gov/cholesterol/>

8 CDC (2015) High Blood Pressure. <http://www.cdc.gov/bloodpressure/index.htm>